

Morning Routine



hydrate



detox juice



10 minute stretch



self care



healthy breakfast



5 minute journal



go screen free for 30 minutes



top priority to do list



go out for fresh air

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Victor M. Corman

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Coping, Health, and Problem Solving Sean Byerley,2007-06-25 With all the stresses that come with living in today s world it can be overwhelming It can be hard to know how to cope with it all *Coping Health and Problem Solving An Easy Reference*

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